CARDIO 660 MEN'S HEART RATE MONITOR

USER GUIDE
/INSTRUCTION MANUAL

SPORTLINE®

TABLE OF CONTENTS

SPORT_LINE_®

CUSTOMER SUPPORT

If you have questions, comments or need assistance with your Sportline Heart Rate Monitor, you may contact Customer Support by calling **1-866-694-4575**.

CARDIO 660 HEART RATE MONITOR

INTRODUCTION

Congratulations on your purchase of a Sportline Personal Fitness Monitor. Please keep in mind; your watch is a sensitive technical instrument. With proper care and maintenance, it will last for many years. However, improper care and handling can cause the various sensors to be damaged and to stop functioning.

HOW TO USE THIS MANUAL

Sportline Personal Fitness Monitors have many unique features and functions. Please read all sections of this manual carefully and become fully familiar with the operation of the watch before using it in the field.

Proper setup and operation will greatly enhance the watches usefulness and your enjoyment.

The manual is divided into sections outlining each of the major functions of the watch. A drawing of the watch screen that represents the starting point or other important screens for each operational process are shown adjacent to the instructions for the process; important keys are shown indicating **PRESS & HOLD** and **PRESS.**

WARNINGS & CAUTIONS

WARNING: Before starting any exercise program or performing any vigorous physical activity, we strongly suggest you visit your doctor for a complete physical and to discuss your plans.

CAUTION: Your watch is designed to be water resistant to a static pressure of 50 mters and can be worn while showering and light swimming. However, we recommend that extensive use of the unit in the water be avoided whenever possible. Care should be taken not to press any keys while the unit is submerged as this can force moisture past the key seals and damage the unit.

CAUTION: Avoid exposing your watch to extreme conditions for a prolonged period of time.

CAUTION: Avoid rough usage or severe impacts to your watch.

DO NOT use hand cream as it will insulate the signal between the skin and sensor contacts.

CLEAN the Back Cover occasionally by using a damp cloth. Then wipe dry to remove any residual grease.

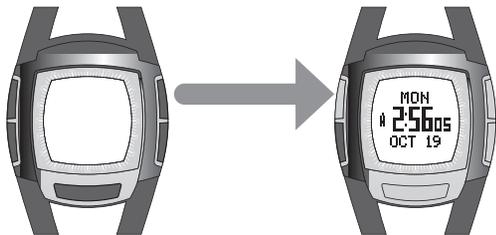**CLEAN** your skin with soap and water for a better signal transmission.

AVOID doing awkward motions during measurement. It may create inaccurate heart rate readings.

- **NEVER** attempt to disassemble or service your unit.

- **DO NOT** expose the unit to extreme heat, shocks, magnetic fields, electrical noise, strong vibration or long-term exposure to direct sunlight.

- **DO NOT** drop or step on the watch.

- **TO CLEAN THE UNIT:** wipe with a lightly moistened cloth. Apply mild soap to the area if there are stubborn stains or marks. Do not expose the unit to strong chemicals such as gasoline, cleaning solvents, acetone, alcohol or insect repellents as they may damage the unit's seal, case and/or finish.

- **STORE** the unit in a dry place when you are not using it.

ACTIVATING THE MONITOR FROM POWER SAVE MODE
In order to conserve battery life, this monitor was shipped in Power Save mode. To activate the monitor, **PRESS & HOLD ANY KEY** for 5 seconds.

TIME
- AM, PM, hour, minute, second
- 12/24 hour format
- Calendar: month, date, day display with auto leap year adjustment

ALARM
- Daily alarm
- Alarm duration: 30 seconds

CHRONOGRAPH
- Resolution: 1/100 second
- Measuring range: 23 hours, 59 minutes, 59.99 seconds
- 50 Lap
- Split times display

HEART RATE
- Range: 30-240 beats per minute
- Measuring range: 23 hours, 59 minutes, 59.99 seconds
- Calorie Tracking Range: 0-9999
- Fat Burn range: 0 - 1296 g
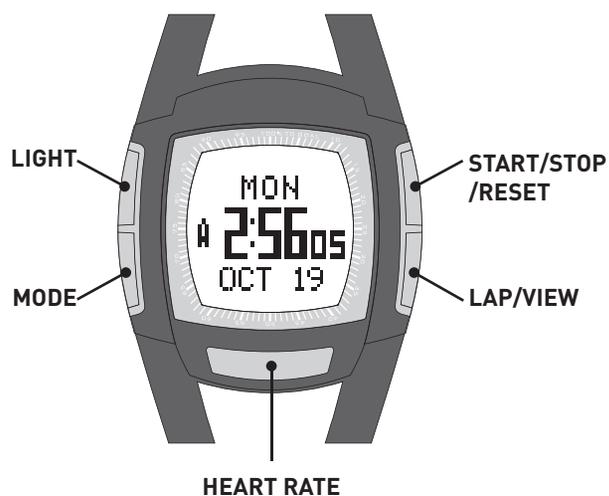
COUNTDOWN TIMER
- Resolution: 1 second
- Measuring Range: 23 hours, 59 minutes, 59 seconds

OTHER
- Electroluminescent (EL) backlight
- Water resistant up to 50 meters
- Battery: CR 2032 3v (X2)
- Memory data: Exercise Time, Calories Burned, Fat Burned, Average Heart Rate, Maximum Heart Rate and Minimum Heart Rate

LIGHT

START/STOP /RESET

MON

A 2:56os

OCT 19

MODE

LAP/VIEW

HEART RATE

MODE KEY
- Scroll through operating modes
- **PRESS & HOLD:** Enter/Exit programming sequence
- Set values being adjusted in programming sequence
- **PRESS & HOLD:** Enter/Exit Memory Recall in Exercise and Chronograph modes

START/STOP/RESET KEY (S/S/R)
- Start/Stop Heart Rate/ Exercise Timer
- Start/Stop Countdown Timer
- Start/Stop Chronograph
- Increase setting values being adjusted in programming sequence
- **PRESS & HOLD:** Reset Exercise Timer, Chronograph or Countdown Timer
- Turn Alarm ON or OFF in Alarm mode
- Scroll through current workout detail in Memory mode

LAP/VIEW (L/V)
- Decrease setting values being adjusted in programming sequence
- Start new Lap in Chronograph mode
- Scroll through current workout detail in Memory mode
- Turn Alarm ON or OFF in Alarm mode

LIGHT KEY
- Activates (EL) backlight system

HEART RATE
- Accesses Heart Rate/ Exercise Mode
- **PRESS & HOLD:** Pair coded transmitter strap.

WEARING THE CHEST STRAP TRANSMITTER

The Chest Strap Transmitter provides constant heart rate information throughout the duration of your workout. To ensure a proper heart rate display, the chest transmitter must be properly adjusted. Snap the plastic tabs at the end of the elastic belt into the holes at the end of the transmitter and adjust the strap so that the transmitter fits tightly below the pectoral muscles, as shown in the drawing.
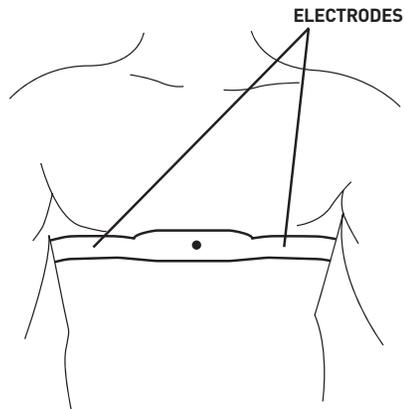
ELECTRODES

NOTE: Users with significant chest hair may have a problem obtaining contact between the transmitter electrodes and their skin, resulting in poor performance. It may be necessary for these individuals to shave the area of their chest beneath the transmitter.

NOTE: In dry and cold climates it may take a few minutes for a layer of perspiration to form between the chest strap and the skin. Moistening the electrodes with saliva or ECG conductive gel can speed up this process.

CODING THE CHEST STRAP TRANSMITTER

The Sportline Cardio 660 features a coded chest strap transmitter with multiple channels to eliminate interference from other heart rate monitors when exercising in close proximity to other people, such as a group fitness class. The monitor and chest transmitter strap are already coded and paired. If you are experiencing interference and need to select an alternate code, follow these steps:

1. **PRESS THE BUTTON ON THE CHEST STRAP TRANSMITTER** to select alternate channel

   ❶ **PRESS BUTTON**

   ❷

2. While wearing the chest transmitter strap, **PRESS** the **HEART RATE** key to enter Heart Rate/Exercise mode.

3. **PRESS & HOLD** the **HEART RATE** Key. "Learn" will appear in the top line of the display.

4. When the monitor and chest strap transmitter are successfully paired, "CODED" will appear in the monitor's display.

❹

The Sportline Cardio 660 has 6 main operating modes: Time, Chronograph, Countdown Timer, Alarm, Memory and Heart Rate/Exercise.

Scroll through modes by **PRESSING** the **MODE** key.

TIME OF DAY **CHRONOGRAPH**

MEMORY **ALARM** **COUNTDOWN TIMER**

You may access Heart Rate/Exercise mode by **PRESSING** the **HEART RATE** key in any operating mode.

PRESS HEART RATE
to enter Heart Rate/
Exercise mode

To exit Heart Rate/
Exercise mode:
**PRESS HEART RATE
or MODE**
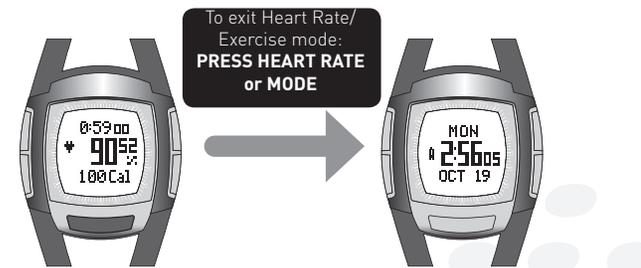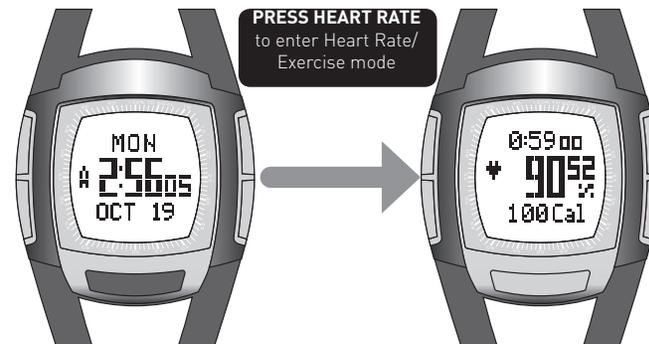
SETTING TIME, CALENDAR AND USER PROFILE

The Sportline Cardio 660 uses your personal profile to calculate information specific to you. The display in the programming sequence guides you through the settings. You adjust the information being programmed by **PRESSING START/STOP/RESET (S/S/R)** to increase or **LAP/VIEW (L/V)** to decrease. You set the information and advance to the next field by **PRESSING MODE**. The display reads "Saved" when this sequence is complete. The monitor is then ready for use. You may exit the Programming Sequence at any time by **PRESSING & HOLDING** the **MODE** key.

PRESS & HOLD the **MODE** key In Time of Day mode to enter the Programming Sequence.

SETTING TIME & CALENDAR

1. Adjust Hour by **PRESSING START/STOP/ RESET (S/S/R) or LAP VIEW (L/V)**. Set and advance by **PRESSING MODE**.

2. Repeat Step 1 to set Minutes, Seconds, Month, Day and Year.

3. Select 12- or 24-hour time format by **PRESSING S/S/R or L/V**. Set and advance by **PRESSING MODE**.

4. Select Key Tone ON or OFF by **PRESS- ING S/S/R or L/V**. Set and advance to personal profile by **PRESSING MODE**.

Increase: **S/S/R**
Decrease: **L/V**
Set & advance
to next setting:
PRESS MODE

SETTING PERSONAL PROFILE

1. Select Gender by **PRESSING S/S/R or L/V**. Set and advance by **PRESSING MODE**.

2. Adjust Year of Birth by **PRESSING S/S/R or L/V**. Set and advance by **PRESSING MODE**.

3. Select Units of Measure (Imperial=LB or Metric=KG) by **PRESSING S/S/R or L/V**. Set and advance by **PRESSING MODE**.

4. Adjust Height by **PRESSING S/S/R or L/V**. Set and advance by **PRESSING MODE**.

5. Adjust Weight by **PRESSING S/S/R or L/V**. Set and advance by **PRESSING MODE**.

6. Select Fat Burn Zone ON or OFF by **PRESSING S/S/R or L/V**. Set and advance by **PRESSING MODE**.

7. Adjust Lower Fat Burn Zone Range by **PRESSING S/S/R or L/V**. Set and advance by **PRESSING MODE**.

   NOTE: This is a % of Max Heart Rate (automatically calculated by the monitor).

8. Adjust Upper Fat Burn Zone Range by **PRESSING S/S/R or L/V**. Set and advance by **PRESSING MODE**.

9. Adjust Display Contrast by **PRESSING S/S/R or L/V**. Set by **PRESSING MODE**. The display will read "Saved!"

Your Sportline Cardio 660 is now ready for use!

Increase: **S/S/R**
Decrease: **L/V**
Set & advance
to next setting:
PRESS MODE

Increase: **S/S/R**
Decrease: **L/V**
Set & advance
to next setting:
PRESS MODE

OPERATING THE HEART RATE EXERCISE TIMER

Your Sportline Cardio 660 features a Heart Rate/Exercise mode that displays heart rate (in beats per minute and % of maximum heart rate), exercise time and calories burned.

To operate Heart Rate/Exercise mode:

1. Make sure your watch is paired with the coded belt as instructed in the previous section "CODING THE CHEST STRAP TRANSMITTER"

2. **PRESS** the **HEART RATE** key to access Heart Rate/Exercise Timer.
    NOTE: you must be wearing chest transmitter strap to read heart rate.

3. **PRESS START/STOP/RESET (S/S/R)** to acquire heart rate and begin timing. You may access other modes by **PRESSING MODE or HEART RATE**.
    NOTE: heart rate data will still be recorded.

4. **PRESS S/S/R** to stop recording exercise data.

5. To reset Heart Rate and Exercise Timer, **PRESS & HOLD S/S/R** until timer is cleared and resets to "0".

Heart Rate mode:
HEART RATE KEY
Start/StopTiming:
PRESS S/S/R
Reset: **PRESS & HOLD S/S/R**

Heart Rate is Displayed in both Beats per Minute and Percent of Maximum Heart Rate.

OPERATING THE LAP CHRONOGRAPH

Your Sportline Cardio 660 features a 50-lap, 100-hour chronograph.

To operate the chronograph:

1. Access Chronograph by **PRESSING MODE**.

2. To START timing, **PRESS START/STOP/ RESET (S/S/R)**.

3. To start a new lap, **PRESS LAP/VIEW**.

4. To STOP timing, **PRESS S/S/R**.

5. To RESET the Chronograph, **PRESS & HOLD S/S/R**.

Start/StopTiming:
PRESS S/S/R
Start new lap:
PRESS L/V
Reset: **PRESS & HOLD S/S/R**

REVIEWING CHRONOGRAPH DATA

To review individual Lap/Splits:

1. With Chonograph stopped, **PRESS LAP/ VIEW** to scroll through Lap/Splits.
    NOTE: you may resume timing by **PRESSING S/S/R**.

CHRONO STOPPED	LAP/SPLIT 1	LAP/SPLIT 2

VIEWING THE HEART RATE MEMORY

Your Sportline Cardio 660 is equipped with a Heart Rate Memory that lets you review your latest workout details. The Heart Rate Memory displays key exercise data: Exercise Time, Calories Burned, Fat Burned, Average Heart Rate, Maximum Heart Rate and Minimum Heart Rate.

To Review Heart Rate Memory:

1. Scroll to Memory mode by **PRESSING MODE**.

2. Scroll through Memory data by **PRESSING START/STOP/RESET or LAP/VIEW**.

   NOTE: Workout Memory will be deleted once you RESET your Heart Rate/Exercise mode to begin a new workout.

❶

Access Memory mode:
PRESS MODE

❷

View Heart Rate data:
S/S/R or **L/V**

HEART RATE MEMORY DETAIL

WORKOUT TIME/DATE

EXERCISE TIME

CALORIES BURNED

View Memory Data:
PRESS STOP/START RESET or LAP/VIEW

MIN HR

FAT BURNED

MAX HR

AVERAGE HR
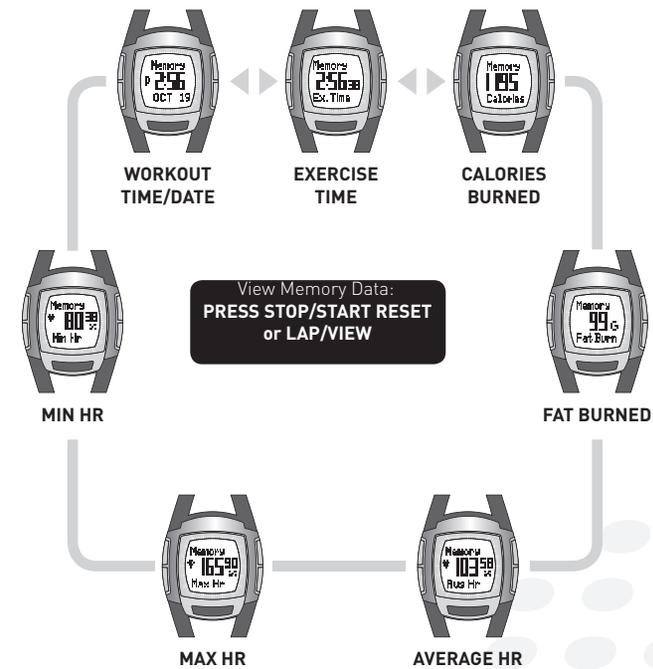
SETTING AND USING THE COUNTDOWN TIMER
Your Sportline Cardio 660 is equipped with a 24-hour Countdown Timer with 1-second resolution.

To set the Countdown Timer:

1. Scroll to Timer mode by **PRESSING MODE**.

2. **PRESS & HOLD MODE** to enter the programming sequence. The hour field will flash on and off.

3. Adjust Hours by **PRESSING START/STOP/ RESET (S/S/R) or LAP/VIEW (L/V)**. Set and advance by **PRESSING MODE**.

4. Repeat Step 3 to set Minutes and Seconds.

5. Turn Repeat ON or OFF by **PRESSING S/S/R OR L/V**.

6. **PRESS & HOLD MODE** to exit the Programming Sequence.

Increase: **S/S/R**
Decrease: **L/V**
Set & advance
to next setting:
PRESS MODE

OPERATING THE COUNTDOWN TIMER
To operate the Countdown Timer:

1. Start Timer by **PRESSING S/S/R**.

2. Stop Timer by **PRESSING S/S/R**.

3. Reset Timer **PRESS & HOLD S/S/R**.

Start/StopTiming:
PRESS S/S/R
Reset: **PRESS & HOLD S/S/R**

SETTING AND USING THE DAILY ALARM
The Sportline Cardio 660 is equipped with a Daily Alarm.

To set Alarm:

1. In Alarm mode, **PRESS & HOLD MODE** to enter the programming sequence.

2. Adjust Hour by pressing **START/STOP/ RESET (S/S/R) or LAP/VIEW (L/V)**. Set by **PRESSING MODE**.

3. Adjust Minutes by **PRESSING S/S/R or L/V**. Set by **PRESSING MODE**.

4. **PRESS & HOLD MODE** to exit the Programming Sequence and return to Alarm mode.

5. Turn Alarm ON or Off by **PRESSING S/S/R or L/V** in Alarm mode.

   NOTE: When Alarm is activated/On, the bell icon will appear in the lower right corner of the screen.

Increase: **S/S/R**
Decrease: **L/V**
Set & advance
to next setting:
PRESS MODE

REPLACING THE WATCH BATTERY

The Sportline Cardio 660 watch uses a single CR2032 3v lithium battery.

Battery replacement will be required from time to time, and should occur when:

1. The display fades in part or completely
2. The heart rate function will not activate
3. Backlight System does not operate

To replace the battery of your Sportline Cardio 660, we recommend you take it to a watch repair service center or certified jeweler. This will ensure that the water resistance will be retained after battery replacement.

CUSTOMER SUPPORT
If you have questions, comments or need assistance with your Sportline Monitor, you may contact Customer Support by calling 1-866-694-4575.

RESETTING THE MONITOR TO FACTORY DEFAULTS
To reset the monitor to factory defaults (clear all settings and data from the monitor), **PRESS & HOLD MODE, STOP/START/RESET** and **LAP/VIEW** until the monitor resets.

REPLACING THE CHEST STRAP TRANSMITTER BATTERY

The Sportline Cardio 660 features a wireless heart rate transmitter, powered by a CR2032 3v Lithium battery. Under normal conditions you can expect to get approximately 300-400 hours of heart rate transmitter use with a fresh battery. To replace the battery:

1. Using a coin, turn the battery door counter clockwise until the door comes free of the watch.
2. Take care not to damage the O-ring seal on the battery compartment door and carefully remove the old battery.
3. Place a new battery in the battery compartment with the positive (+) side toward the battery door.
4. Place the battery door over the opening and tighten it down by using a coin and turning in a clockwise direction.
5. If the O-ring has been damaged, replace it before reinstalling the battery door. Most jewelers and watch shops should have replacement O-ring seals.
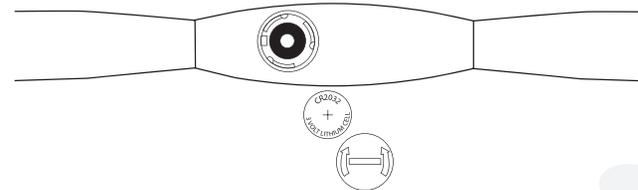
NOTE: Extreme care should be taken when replacing the battery to ensure the unit remains fully water resistant. Failure to properly replace the battery and correctly seal the unit may cause the unit to become damaged and may void the warranty.

⚠ CAUTION – BATTERY SAFETY INFORMATION

- Non-rechargeable batteries are not to be recharged
- Rechargeable batteries must be removed before recharging
- Rechargeable batteries should only be recharged under adult supervision
- Do not mix alkaline, standard (carbon-zinc), or rechargeable (nickel-cadmium) batteries
- Exhausted batteries are to be removed
- Do not mix old and new batteries
- Do not dispose of product or batteries in fire; batteries may explode or leak
- If this product will not be used for an extended period of time, remove the batteries from the product
- The supply terminals are not to be short-circuited
- Batteries are to be inserted with correct polarity
- Clean the battery contacts and also those of the product prior to battery installation
- As always, dispose of batteries in an eco-friendly manner

The purpose of the crossed-out wheelie bin symbol is to remind us that most electrical products, and batteries, contain trace elements (including Mercury – Hg, Cadmium – Cd and Lead – Pb) which could be harmful to our environment and therefore our health. We must all be careful to dispose of them responsibly in a specifically designated way – either using a collection scheme or into the correctly labeled civic amenity (NOT into general waste) – this will help your local authority to arrange to recycle or dispose of them in the appropriate manner.

POTENTIAL CAUSES FOR NO HEART RATE READING OR LONG RESPONSE TIME:

CAUSE: Dry Skin
SOLUTION: Apply conductive gel thoroughly to chest area (for Chest-Strap measurement). Tap water may help if conductive gel is not available.

CAUSE: Chest strap is not contacting with skin
SOLUTION: Make sure the chest strap is firmly over the chest and the Watch is securely on wrist.

CAUSE: Dead or flaking skin on chest.
SOLUTION: Rub off excessive dead skin with a towel

CAUSE: A thin layer of body grease insulates the ECG signal preventing the Chest Strap or Watch from detecting ECG heart rate
SOLUTION: Wipe chest / wrist and the back of Chest Strap/watch with a tissue or soft towel.

CAUSE: Hairy Skin
SOLUTION: Apply conductive gel to chest area or wrist.

CAUSE: Low Battery
SOLUTION: Replace the battery in watch/transmitter and try again.

CAUSE: Electrical field Interference from RF devices (Chest-Strap Measurement) such as overhead power lines, etc.
SOLUTION: Leave the area where RF source potentially exist.

CAUSE: Issues acquiring heart rate.
SOLUTION: Try resetting the exercise timer which will tell the watch to begin acquiring heart rate again (see pg. 16).
SOLUTION: Make sure watch and transmitter strap are coded correctly (see pg. 11).

The device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the product.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the transmitting equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio technician for help.

GUARANTEE CERTIFICATE – FOR PURCHASES MADE IN THE U.S.

If at any time within five (5) years from the purchase date of this product, it fails to perform properly because of defects in material or manufacturing, return it prepaid to: **EB SPORT GROUP, 585 OAK RIDGE ROAD, HAZLETON, PA 18202**

Complete this Guarantee Certificate and enclose it (or a copy of it) with the product.

(PLEASE PRINT CLEARLY)

NAME   **PHONE**

STORE PURCHASED FROM

ADDRESS

DATE OF PURCHASE

CITY

PURCHASE PRICE

STATE   **ZIP**

PROBLEM WITH PRODUCT

REPLACEMENT

This product has been carefully designed, manufactured and packaged. If any parts are missing or damaged, please contact us at the address above and we will replace the unit at no charge. (Guarantee does not cover crystal or battery.)

©2011 Distributed by Sportline®, Hazleton, PA 18202

FOR PURCHASES MADE IN THE UK:

Should you experience problems with this item, please return it to the point of purchase. This will not affect your statutory rights. Alternatively return it to the address shown below for a repair/replacement.

EB Brands UK, Berkeley Business Park, Wainwright Road, Worcester WR4 9FA

www.sportline.com

Distributed in the UK by EB Brands UK, Worcester WR4 9FA

CARDIO 660 MEN'S HEART RATE MONITOR

www.sportline.com
Sportline® is a trademark of SPORTLINE, a division
of EB Sport Group, Yonkers, NY 10701
Distributed in the UK by
EB Brands (UK), Worcester, WR4 9FA
All Rights Reserved. ©2011
SP1446IS01SPO

CE

SPORTLINE ®